

**MENU SUPPORT**  
AND MENU SIMPLIFICATION



COMPLETE RECIPES FOR  

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**MONDAY**

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IN CONJUNCTION WITH **WEEK 1**  
OF THE **4 WEEK** MENU CYCLE

FOR HELP & ADVICE VISIT  
**[BRAKE.CO.UK/CAREHOMES](http://BRAKE.CO.UK/CAREHOMES)**

# MONDAY LUNCH

## Tomato And Basil Penne Pasta

Tomato and Basil Penne Pasta with shredded mozzarella

**Serves 12**

Code	Description	Qty	Units	mise en place / Preparation
A 33889	Veraneo Olive Oil	60	ml	
C 10469	Cooking Onions	180	g	Peel & finely dice
C 10323	Garlic String	30	g	Peel & crush
A 19839	Brakes Chopped Tomatoes in Tomato Juice	800	g	
A 28326	Brakes Tomato Paste	40	g	
A 115284	Tate & Lyle Caster Sugar 2kg	30	g	
C 113879	Premium Large Basil Bunch	60	g	Wash & tear
C 4730	Brakes Shredded Mozzarella	180	g	
A 14403	Brakes Italian Penne Pasta	700	g	



### Allergens - Contains

Milk, Wheat & Gluten

### Allergens - May Contain

### Method

**Estimated Cooking Time: 0**

- 1 Heat the oil in a heavy bottomed pan. Add the onions and garlic and fry until just coloured.
- 2 Add the tomato puree and cook for a further minute, then add the chopped tomatoes and basil leaves.
- 3 Season with salt and pepper to taste and simmer until the sauce has thickened.
- 4 Cook the pasta as per pack instructions. When cooked, drain and add to the sauce.
- 5 Put the pasta into serving dishes, sprinkle with mozzarella and bake for 10 min until the cheese has melted.

### Nutrition (pre-cooking)

Energy per Portion (kcal)	328.9
Energy per Portion (kj)	1384.9
Protein per Portion	11.4
Carbohydrate per Portion	49
Sugars per Portion	7.5
Fat per Portion	9.1
Saturates per Portion	3.2
Fibre per Portion	2.8*
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

# MONDAY LUNCH

## Chicken In A Mushroom & Leek Sauce

Chicken in a Mushroom & Leek Sauce

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
A 33889	Veraneo Olive Oil	75	ml	
C 70945	Prime Meats British Diced Skinless Chicken Breast &	1500	g	
C 10226	Button Mushrooms	250	g	Wash & quarter
C 10288	Leeks	500	g	Wash & finely slice
C 71128	Brakes Salted Butter	75	g	
A 115277	Brakes Plain Flour	75	g	
C 70325	Brakes Fresh Whole Milk	500	ml	
A 85498	Brakes Chicken Flavour Bouillon Mix	25	g	Make up with 500ml water
A 33709	Brakes Ground Nutmeg	2	g	
C 70215	Brakes Fresh Double Cream	400	ml	
C 113881	Herb Bunched Flat Leaf Parsley	100	g	Wash & chop
C 10469	Cooking Onions	250	g	Peel & finely dice
C 10323	Garlic String	50	g	Peel & finely dice Peel & crush



### Allergens - Contains

Milk, Wheat & Gluten

### Allergens - May Contain

### Method

**Estimated Cooking Time: 0**

- 1 Heat the oil in a heavy bottomed saucepan and fry the diced chicken until golden brown.
- 2 Add the mushrooms & leeks and cook for a further 5 min.
- 3 Remove the chicken, leeks & mushrooms from the pan, then fry the onions & garlic until soft.
- 4 Return the chicken, mushrooms & leeks to the pan and set aside.
- 5 In a clean pan, melt the butter, then stir in the flour to make a roux.
- 6 Heat the milk and stock together and gradually add to the roux, stirring continuously until smooth to ensure no lumps.
- 7 Season well, then add the nutmeg and stir in the chopped parsley.
- 8 Pour the sauce into the pan with the chicken, and return this pan to the heat to simmer gently until cooked.
- 9 Finish with the double cream. Checking seasoning and consistency, and core temp has been achieved.

### Nutrition (pre-cooking)

Energy per Portion (kcal)	568
Energy per Portion (kj)	2364.2
Protein per Portion	39
Carbohydrate per Portion	15.2
Sugars per Portion	6.4
Fat per Portion	38.5
Saturates per Portion	19.4
Fibre per Portion	2.4
Salt Equivalent per Ptn	1

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

# MONDAY LUNCH

## Peach Crumble With Custard

Peach Crumble with Custard

**Serves 12**

Code	Description	Qty	Units	mise en place / Preparation
A 88599	Brakes Peach Slices in Fruit Juice Concentrate with A 700		g	
A 115277	Brakes Plain Flour	200	g	
A 114868	Brakes Oatflakes	50	g	
C 71128	Brakes Salted Butter	140	g	
A 115284	Tate & Lyle Caster Sugar 2kg	120	g	
A 15126	Brakes Ready to Serve Custard	1000	ml	
A 115343	Brakes Squeezy Clear Blossom Honey	100	g	



### Allergens - Contains

Milk, Oats, Wheat & Gluten

### Allergens - May Contain

Barley & Wheat

### Method

**Estimated Cooking Time: 0**

- 1 Pre-heat the oven to 180 C. Drain the peaches but reserve the juice.
- 2 Tip the peaches into a cooking dish, along with half the honey and toss all together.
- 3 In a bowl combine the flour, oats, butter, honey & 150ml of the peach juice.
- 4 Rub together until you have a rough crumble mix.
- 5 Scatter evenly over the peaches & bake until golden & crunchy for 35-40 min.
- 6 Check the core temperature has been achieved.
- 7 Heat the custard as per pack instructions and serve with the crumble..

### Nutrition (pre-cooking)

Energy per Portion (kcal)	320.4
Energy per Portion (kj)	1346.8
Protein per Portion	4.5
Carbohydrate per Portion	49.6
Sugars per Portion	31.9
Fat per Portion	11.2
Saturates per Portion	6.8
Fibre per Portion	1.4*
Salt Equivalent per Ptn	0.3

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

# MONDAY MID-AFTERNOON

## Lemon Drizzle Cake

Lemon Drizzle Cake

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 74088	Brakes Unsalted Butter	225	g	
A 115284	Tate & Lyle Caster Sugar 2kg	310	g	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	2	ea	
C 114218	Lemons	2	ea	
A 115278	Brakes Self Raising Flour	225	g	Zest 1 lemon and juice both



### Allergens - Contains

Egg, Milk, Wheat & Gluten

### Allergens - May Contain

## Method

**Estimated Cooking Time: 0**

- 1 Pre-heat the oven to 180 C. Line a cake tin with baking paper.
- 2 Beat together 225g sugar and all the butter until pale and creamy.
- 3 Add the eggs one at a time and slowly mix through.
- 4 Sift in the flour, then add the zest of 1 lemon and mix well until combined.
- 5 Spoon the mixture into the pre-lined cake tin and level off.
- 6 Bake for 45-50 min until well risen and a skewer comes out clean. Leave the cake in the tin.
- 7 Mix together the lemon juice & the remaining 85g sugar until dissolved.
- 8 Prick the cake all over whilst it's cooling, and carefully pour over all the drizzle until it has soaked.
- 9 Leave the cake in the tin until it has completely cooled, then remove and serve.

### Nutrition (pre-cooking)

Energy per Portion (kcal)	389.4
Energy per Portion (kj)	1629.4
Protein per Portion	4.1
Carbohydrate per Portion	48.2
Sugars per Portion	32.4
Fat per Portion	19.9
Saturates per Portion	12.1
Fibre per Portion	0.7*
Salt Equivalent per Ptn	0.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

# MONDAY DINNER

## Lentil Soup

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 10469	Cooking Onions	200	g	Peel & chop
C 450693	Carrots	600	g	Peel & grate
A 548	Brakes Red Lentils	250	g	
A 33898	Brakes Vegetable Bouillon Mix	75	g	Make up with 3ltr water
C 70215	Brakes Fresh Double Cream	150	ml	
A 121379	Chef William Table Salt	3	g	
A 33578	Brakes Ground White Pepper	2	g	



### Allergens - Contains

Milk

### Allergens - May Contain

### Method

**Estimated Cooking Time: 0**

- 1 In a large saucepan, heat the oil and the onions for 5 min until softened but not coloured.
- 2 Add the carrots, lentils & vegetable stock.
- 3 Bring to the boil and then simmer for 20 min, or until the lentils have swollen and softened.
- 4 When ready, blitz the soup with a hand blender until smooth.
- 5 Check the consistency and seasoning, and finish with the double cream.

### Nutrition (pre-cooking)

Energy per Portion (kcal)	209
Energy per Portion (kj)	876
Protein per Portion	8
Carbohydrate per Portion	24.7
Sugars per Portion	5
Fat per Portion	8
Saturates per Portion	4.7
Fibre per Portion	3.5
Salt Equivalent per Ptn	2.2

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

# MONDAY DINNER



## Cornish Pasty With Baked Beans

Cornish Pasty served with Baked Beans

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
F 33641	Brakes British Beef & Vegetable Pasties	10	ea	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	2	ea	
C 70325	Brakes Fresh Whole Milk	70	ml	
A 15136	Brakes Baked Beans in Tomato Sauce	840	g	



### Allergens - Contains

Egg, Milk, Sulphites, Barley, Wheat & Gluten

### Allergens - May Contain

Milk

### Method

**Estimated Cooking Time: 0**

- 1 Defrost the pasties in a controlled environment for approx. 8 hours.
- 2 Place the pasties onto a non stick baking sheet and brush with a little egg wash.
- 3 Bake for 30-40 min until golden brown and core temperature has been achieved.
- 4 Heat the baked beans on the stove or in the microwave and serve with the pasty.

### Nutrition (pre-cooking)

Energy per Portion (kcal)	578.7
Energy per Portion (kj)	2418.1
Protein per Portion	16.8
Carbohydrate per Portion	56.5
Sugars per Portion	8.6
Fat per Portion	30.2
Saturates per Portion	11.8
Fibre per Portion	6.7
Salt Equivalent per Ptn	2.6

\* indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

# MONDAY DINNER

## Banana Custard

Bananas served with custard

**Serves 10**

Code	Description	Qty	Units	mise en place / Preparation
C 77042	Fairtrade Bananas	10	ea	
A 115289	Tate & Lyle Mississippi Inspired Dark Soft Brown Can	40	ml	
A 15126	Brakes Ready to Serve Custard	120	g	
A 114949	Lime Juice from Concentrate	1000	ml	



### Allergens - Contains

Milk & Sulphites

### Allergens - May Contain

### Method

**Estimated Cooking Time: 0**

- 1 Pre-heat the oven to 180 C
- 2 Peel & slice the bananas in half lengthways. Place into an oven proof dish.
- 3 Drizzle the bananas with lime juice and sprinkle with brown sugar.
- 4 Cover the dish and bake the for approx. 10 min until the bananas have softened.
- 5 Pour over the custard and allow to cool before serving.

### Nutrition (pre-cooking)

Energy per Portion (kcal)	158.4
Energy per Portion (kj)	668.3
Protein per Portion	1.7
Carbohydrate per Portion	35.3
Sugars per Portion	27.2
Fat per Portion	0.7
Saturates per Portion	0.2
Fibre per Portion	1.5*
Salt Equivalent per Ptn	0.1

\* indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No